

DESERT AIRMAN

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Davis-Monthan Air Force Base, Ariz.

Friday, July 7, 2000

Around D-M

Legal and MPF hours

The 355th Wing Law Center and the military personnel flight will have extended hours Wednesday. In addition to regular legal assistance hours, the law center will be open from 4:30 to 8 p.m. for military members and their families for walk-in legal assistance. Customer service at the MPF will be open from 7:15 a.m. to 8 p.m. for military members and their families.

New phone numbers

The following wing and group staff phone numbers are now in effect. The old phone numbers will continue to work for the next six months as well.

	New	Old
Wing/CC	8-3551	8-3885
Wing/CV	8-3553	8-3553
Wing/CCE	8-3552	8-3886
WG/CS	8-3550	8-3685
WG/CCC	8-3558	8-3319
WG/IG	8-3559	8-5633
OG/CC	8-3554	8-1677
SPTG/CC	8-3555	8-3444
LG/CC	8-3556	8-4564
MDG/CC	8-3557	8-2930

Call commercial communications at 8-7007 for more information.

Days since
last D-M DUI:

05



Need a ride? Call Airmen
Against Drunk Driving
at 850-2233.

(Current as of Thursday)



Staff Sgt. Jeremiah Erickson

Independence Day

(Above) Airman 1st Class George Hailey Jr., 355th Equipment Maintenance Squadron, with wife Odessa, son George III and his daughter Gabriella were one of the many families gathered at Bama park for the Olde Time Fourth of July celebration hosted by the 355th Services Squadron. The 25-minute fireworks display ended an evening of food, games and live music. D-M members also volunteered at the Tucson Convention Center to help educate the local community about the Air Force.

D-M Chiefs are on the lookout for sharp troops

By Karen Halstead
Public affairs

The Davis-Monthan Air Force Base Chief's Group is hunting for sharp troops. The organization developed a new program that recognizes sharp dressing D-M airmen who clearly display outstanding military dress standards and military bearing. In addition, they hope to raise awareness levels for the standards of military dress and appearance around the base.

Beginning in July, the group will

be looking for airmen who they believe best exemplify dress and appearance among their peers.

The first two awards for this program will be presented by D-M's command chief master sergeants in July. The first from Chief Master Sgt. Gary Coleman, 12th Air Force, and the second by Chief Master Sgt. Ronald Kriete, 355th Wing.

Chief Master Sgt. Amerophan Callahan, 12th Air Force first sergeant, volunteered to lead a four-member committee to research the issue and develop recommenda-

tions.

Callahan briefed the group with several proposals at their May meeting and the group agreed upon the rules of engagement for all chiefs to follow when giving the award.

Their rules of engagement indicate that each chief with a current membership in the group will be issued, and can give, a Sharp Award each month. The award recognizes enlisted grades E-1 through E-6.

Each month the *Desert Airman* staff will publish the names of the airmen who are recognized.

Commander's Corner

Commander's Salute

This week, I salute the **355th Services Squadron**, for putting on a super Old Fashioned Fourth of July celebration. Well done!



Col. Bobby Wilkes
355th Wing Commander

Supporting each other and working together to provide the best programs and services is a common goal we all share as members of Team D-M.

Ideas, suggestions, comments and kudos are an important ingredient for continuous improvement.

The fastest way to pass along comment or to get an answer to your concern is to contact the agency chief or functional manager listed here.

Still no solution? The Commander's Corner phone line is available 24 hours a day, or you can send an e-mail to us at: 355thWing.CommandersCorner@dm.af.mil.

If you leave your name, phone number and a message, you'll receive a prompt reply, either in writing or by telephone. We will honor your confidentiality, but sometimes we need to contact callers to gather additional information. If your concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published in the newspaper, we recommend you leave a contact phone number if you'd like us to provide an answer.

AAFES Agencies	748-7887
Accounting and Finance	8-4964
Chaplain	8-5411
Civil Engineering	8-3401
Clinic	8-2930
Commissary	8-3116
Family Support	8-5690
Fitness Center	8-4556
Housing Office	8-3687
Inspector General	8-5633
Legal	8-5242
Lodging	8-4845
Military/Civilian	
Equal Opportunity Office	8-5509
Military Personnel	8-5689
Public Affairs	8-3204
Security Forces	8-6178
Services	8-5596
Transportation	8-3584

Emergency room

Comment: I am calling about why we are charged \$35 to use an emergency room off base.

Is that like a deductible?

We don't have an emergency room here, but if we were stationed at a base that has one, we wouldn't have to pay anything.

We are not compensated for this in any way.

This is something that needs to be addressed.

Response: Thank you for seeking clarification on Emergency Room fees.

Since you are specifically addressing payment for family-member care, you already know that active-duty members incur no charge.

The reason for the \$35 charge for dependents is actually a Health Affairs directive.

It was established to discourage non-emergency visits, because emergency room care is sometimes misused by authorized users with non-life-threatening visits.

Call Mr. Robert Ray, deputy chief, TRICARE or Maj. Alex Baird, TRICARE Flight Commander at 8-1502/1504 for more information on medical billing procedures.

Gym doors

Comment: I have a suggestion about the base gym.

They spent thousands of dollars on air conditioning last year and I am curious why the double doors to the gymnasium are left open to let all the hot air into the workout area. The air conditioner is working overtime and it doesn't do any good with the doors open.

It seems to me a self-closing device could be put on those doors to allow the workout area to remain cool and comfortable.

Response: Thank you for your inquiry concerning the doors being left open at the Haeffner Sports and Fitness Center.

Our doors are equipped with closing devices and will not be left open in the future.

The doors had been left open to allow cool morning air to help cool the facility since the air conditioning was not programmed to come on until 4 a.m.

To ensure maximum comfort for the patrons and the custodial workers who work overnight through the early morning hours, the 355th Civil Engineer Squadron will now reprogram the air conditioning system to better meet the fitness center's hours of operation. Call Bob Gibson, fitness center director, at 8-4556 if you have any more questions or concerns about the center.

Your final answer?

(Editor's note: The Desert Airman staff is looking for suggestions from the Davis-Monthan Air Force Base community on a name for this new weekly feature column. Please e-mail all suggestions to Senior Airman Shanda De Anda at

355wg.pa@dm.af.mil. All submissions must be received by Wednesday and the winning submission will be used in the July 21 edition of the Desert Airman. The winner will also get to pick that week's question and have their photo published.

What do you like best about Davis-Monthan Air Force Base and the surrounding areas?



Capt.
Jim Albrecht
12th Air Force

"It's not like Datoka and I like the desert, mountains and cheap golf."



Senior Airman
Cherita Gaines
355th Supply Squadron

"I like the weather, mountain view and friendly people in the area."



Senior Airman
Scott Hellinger
355th Security Forces
Squadron

"I really like the surrounding area, scenery and people I work with here at D-M."



Staff Sgt. Michael Louis
355th Services
Squadron

"I enjoy the location because of the climate, TDY opportunities and being near my family."



2nd Lt. Ramon
McMillan
12th Air Force

"I like the friendly community; it makes it easy to get involved. I have a lot of very impressive senior NCOs taking care of me."



Lt. Col. Pat Stroman
12th Air Force

"I like the climate and mountains in the general area."

D-M members return from AEF 5 deployment

By Staff Sgt. J. Elaine Phillinganes
Public affairs

Most of the Davis-Monthan Air Force Base members who left on the Aerospace Expeditionary Force 5 deployment in late February have returned from the Middle East.

Many have returned to work while others are taking some time off to recuperate after working six days on and one day off, if lucky, for the past three months.

The 289 D-M members were scattered at various bases throughout the Southern Watch Area of Responsibility, which included Ali Al Salem and Ahmed Al Jaber Air Base, Kuwait, Eskan Village and Prince Sultan Air Base, Saudi Arabia, and Al Kars, United Arab Emirates.

A majority of the support troops were deployed to Al Jaber. More than 130 were assigned there from D-M. The commanders there were truly impressed with the efforts of the D-M team.

"We had great people in all areas. The nice thing about them is they hit the ground running," said Col. Mike Snodgrass, former 332nd Air Expeditionary Group commander.

"I am very happy with their performance and that they didn't just stay within the D-M architecture, but actually made a big effort to be on the Jaber Team,"

"One team, one fight" was the motto of the potluck of professionals from all branches of service.

"I was very happy with this rotation, from D-M, to Langley (AFB,

Va.) to Japan and everywhere in between. Their spirit and attitude to make this place better - made my job a lot easier," Snodgrass said.

Al Jaber had people from D-M in almost every section of the base, from air traffic control to force protection. Some of the larger groups included the communications and services flights, as well as the civil engineer and logistics squadrons. No matter how many bodies they brought with them, it never seemed enough for the work to be done.

"Their 'Can Do' attitude set the tone for all they planned and accomplished," said Col. Tim Hershey, 332nd Air Expeditionary Group deputy commander.

D-M had 22 communications specialists at Al Jaber. The rest of the flight was comprised of tactical, combat "comm" and Air National Guard. "It was a good mix of people and everyone could bring something valuable to the table," said Capt. Hope Cullen, 355th Communications Squadron.

There were advantages to deploying with people from the same base, according to some of the Al Jaber members.

"Knowing the strengths and weakness of the people you are going with made the learning curve shorter," Cullen said.

The "comm" folks worked hard trying to keep up with the high demand for their expertise in many areas, from dealing with radar systems that were out-of-date and unfamiliar to them, to combating the

"I LOVE YOU" virus, according to Lt. Col. Jeff Klem, 332nd Expeditionary Support Squadron commander. "The 'comm' troops worked extremely hard to transform the base from tactical communications to a fixed-base operation.

"Those assigned to our 'comm squad' increased our communications ten-fold," Hershey said.

The services' staff motto, "when you work, we work and when you play, we work harder," was the attitude and enthusiasm that showed in everything they did, according to base officials.

"Services hit the ground running. They set up an MWR (morale, welfare and recreation) program that constantly kept the base hopping. The 'rec' center established events for every night of the week and got our airmen, soldiers and Marines involved in everything from talent shows to Sunday bingo," said Hershey.

"Our services crew of 27 saw that we had our work cut out for us as the first AEF rotation. We replaced a skeleton crew of 14 who were forever left short-manned by the rotating Air National Guard slots. This and a very short overlap left little continuity," according to Staff Sgt. Jennifer Ellis, 355th Services Squadron.

Upon arrival, the service's staff took on the responsibility of providing lodging for more than 600 inbound members.

"As soon as we arrived, we vowed to build the fort, not just hold it up," said Master Sgt. Timothy O'Leary,

355th SVS superintendent.

Of the 40 civil engineers D-M sent, 37 ended up at Al Jaber. The challenges they faced were so incredible they were almost comical, according to Lt. Tyler Neilson, 355th Civil Engineer Squadron.

"Those assigned to our CE squadron contributed to raising Al Jaber out of the desert and making it the premier strike fighter base in the entire AOR," said Hershey.

The challenges ranged from the underground power lines — that spread out in random and unknown directions across the base, requiring all digging to be done by third country nationals armed with garden tools to responding to calls at all hours of the day and night.

The utilities shop members, who ensured the water tanks were full, boasted the motto "we are water, we are life." The shop's most memorable event was a busted water main on the Kuwaiti side of the base that caused a two-day water outage.

The engineers responded to more than 1,650 calls, installed shower facilities for the Patriot Site Army soldiers who worked six-day shifts straight on site without showers, responded to eight aircraft barrier engagements and worked a total of 47-active projects valued at \$11.1 million.

"I hope all of you who came to Al Jaber feel a great sense of accomplishment. The marks that you have left behind on Al Jaber will be used and appreciated by all who follow you as we continue to accomplish our mission," Hershey said.

Advertising

D-M Airmen make high score, join 90s club

The following airmen achieved a score of 90 percent or above on their career development course exam in the month of June: Senior Airman David Eck, 355th Component Repair Squadron; Airman 1st Class Morgan Larche, 355th CRS; Airman 1st Class Brandon Reilly, 355th CRS; Staff Sgt. Bruce Price, 355th CS; Staff Sgt. William Cuevas, 355th Equipment Maintenance Squadron; Staff Sgt. Brandon Hess, 355th EMS; Senior Airman Chad Corcoran, 355th EMS; Staff Sgt. Joshua Turnier, 355th OSS; Senior Airman James Blevins, 355th Supply Squadron; Staff Sgt. Scott Murphy, 355th Services Squadron; Staff Sgt. Jeffrey Yeargan, 355th Transportation Squadron; Airman 1st Class Stephanie Moen, 41st Electronic Combat Squadron; Airman 1st Class Joshua Whipps, 41st ECS, Airman 1st Class Jonah Quick, 42nd Airborne Command and Control Squadron, Airman 1st Class Bonnie Edwards, 42nd ACCS; and Tech. Sgt. Andrea Simms, 612th Air Communications Squadron.

Call Master Sgt. Paul Hegstrom, 355th Mission Support Squadron attention coordinator, for information on study methods, available study resources and seminars available to help airmen learn how to study more effectively.



Senior Airman Amie Gannon

STEP promotions

(Left) Col. Bobby Wilkes, 355th Wing commander and Col. Walter Saeger, 355th Logistics Group commander, perform the traditional pinning on of stripes for Tech. Sgt. Keith Cresswell, 355th Supply Squadron fuels controller. Cresswell was recently stripes

geant to technical sergeant. Master Sgt. Edward Dooley, 354th Fighter Squadron crew chief, was also STEP promoted from the rank of technical sergeant to master sergeant. Call Chief Master Sgt. Ronald Kriete, 355th Wing command chief master sergeant, at 8-3319 for more information.

Advertising



Airman 1st Class Latonia Brown

New commander

(Left) Lt. Col. Theresa Carter, 355th Civil Engineer Squadron commander, listens as Staff Sgt. Robert Langston, 355th CES explosive ordnance technician, explains the unit's X-ray equipment. Carter assumed command of the 355th CES June 30.

D-M airmen on fast track; selected for early promotion

The following airman first class were selected during the June Below-the-Zone Promotion Board to sew on senior airman six months ahead of their peers:

Patricia Hurdle-Aquilera, 355th Operations Support Squadron; Latoria McNealy, 355th Transportation Squadron; Amit Singh, 612th Combat Support Squadron; Chad Mason, 355th Services Squadron; Davina Armbruster, 355th Dental Squadron; Ryshawn Davis, 43rd Electronic

Combat Squadron; Andrew Rippee, 43rd ECS; Albert Acuna, 355th Component Repair Squadron; Alan Rogers, 355th CRS; Jacob Tenney, 355th Civil Engineer Squadron; Shondra Turman, 355th Supply Squadron; Bradley Swoape, 355th Security Forces Squadron; Cynthia Koval, 358th Fighter Squadron; Chad Johnson, 357th FS; Lisa Traylor, 355th Equipment Maintenance Squadron; and Russell Wicke, 355th EMS.

Airmen take step toward leadership, graduate ALS

The following senior airmen graduates from Airman Leadership received special recognition during the June graduation: Bello Rene, 42nd Airborne Command and Control Squadron, and Jeffery Berry, 355th Component Repair Squadron, both earned the Distinguished Graduate award; Julia Thompson, 42nd ACCS, was the Leadership award winner; and Jeffery Hermann, 355th Civil Engineer Squadron, earned both the John Levitow and Academic awards.

The following airmen also graduated: Jennifer Bailen, 41st Electronic Combat Squadron; Philip Barnhart, 355th Security Forces Squadron; Michael Branchfield, 42nd ACCS; Angel Carney, 612th Air Intelligence Squadron; Jeffery

Colvin, 43rd ECS; Shawn Dooley, 43rd ECS; Lorraine Drengberg, Detachment 2, 67th Intelligence Group; Bradley Green, 355th Equipment Maintenance Squadron; Amy Hartleben, 355th Services Squadron; Jacob Ivie, 43rd ECS; Michael Kohlwey, 355th Component Repair Squadron; Dana Konkle-Pugh, 357th FS; Eric Mollison, 354th FS; Michael Mosher, 355th EMS; Jennifer Owens, 355th Communications Squadron; Douglas Richardson, 41st ECS; Daniel Rosas, 355th Medical Support Squadron; Jennett Sharratt, 355th MSS; Scott Skinner, 612 Air Communications Squadron; William Sterling, 354th FS; Erik Tegen, 43rd ECS; Heather Telle, 43rd ECS; Teia Thigpen, 358th FS; and Dwight Willke Jr., 41st ECS.

Advertising

DOD, VA streamline disability claims process

A jointly sponsored Department of Defense and Department of Veterans Affairs initiative is helping service members to file for and receive VA service-connected disability compensation benefits more quickly than in the past.

The VA's Pre-Discharge Project, which began with a test in 1995, was established to provide transition assistance and continuity of care to service members who are retiring or being medically separated from the military. Military members can now complete claims development and physical examinations prior to discharge and reduce the average number of days necessary to process a claim.

"We wanted to assist these members by getting them examined prior to discharge, and also have those examinations conducted under the VA disability examination protocols," said Bill Lanson, pre-discharge program project manager at the Veterans Benefits Administration. "In this way, the servicemember isn't lost between the two systems."

Prior to 1995, all military members had to deal with the system's inefficiencies as they transitioned from the military to civilian life. The

VA accepted an individual's claim after they left the service. It often took months to secure records from the National Personnel Records Center in St. Louis, Mo., and then additional months to rate their claim.

"Many times treatment was interrupted because records were lost transitioning from one organization to another," said Michael Kilpatrick, M.D., deputy director of medical outreach and issues in the Defense Department's special assistant's office for Gulf War illnesses.

Lanson said he conducted a study in 1994 of the Navy and Marine Corps' separation exams and found that while they met the services' needs for a separation physical, 75 percent of the exams' findings were insufficient for the purpose of disability ratings.

Often the diagnosis or findings were not in line with the requirements of the VA rating schedule, he said. Lanson explained that the VA needed an exam that followed the findings of the rating schedule so that the veterans didn't need to be called back after discharge.

"The goal of the new pre-discharge program is to adjudicate claims within 30 days of the date of

discharge," said Lanson.

The VA and the DOD finalized a memorandum of understanding in May 1998 for the completion of a single separation physical examination that would improve program efficiencies and service.

Today, there are 31 VA regional offices in 28 states and there are 70 military installations actively participating in the pre-discharge program, including 17 Army, 24 Navy, 22 Air Force, three Marine and four Coast Guard sites.

Lanson said there are several ways a servicemember may become aware of the program. Notification is often provided through military publications and the Transition Assistance Program where a servicemember — at a period of time prior to discharge from the service — is briefed about his or her VA benefits and other services available to smooth the transition to civilian life. Each of the service branches has issued instructions for separating servicemembers to complete a DD Form 2697 and to indicate if they have a desire, to claim VA benefits, he said.

(Courtesy of the Office of the Special Assistant for Gulf War Illnesses Public Affairs)

Staff sergeant promotion list to be released July 19

The Air Force plans to release the list of its newest staff sergeant promotees July 19, July 20 for those units across the international date-line.

This year's release comes almost a month earlier than last year's staff sergeant promotion list.

Air Force Personnel Center officials cite several reasons for this

year's earlier release. Many will recall that last year the Air Force was in the midst of Operation Allied Force, and had numerous airmen deployed.

"The late August release date last year accommodated those who were deployed and gave many of them an opportunity to return and test," center officials said.

"We have also pledged to our customers worldwide that we will continue to strive for sooner promotion releases rather than later." This year, partly because of reduced testing windows, AFPC was able to get most of the tests for staff sergeant eligibles processed and scored sooner. There are approximately 40,000 eligibles this year.

The promotion quota has not been determined yet, so the exact promotion percentage is not known at this time. "We are confident that percentages for all ranks, including staff sergeant will remain at or above TOPCAP objectives for the foreseeable future," center officials added. *(Courtesy of Air Force Personnel Center News Service)*

World's seventh space camp opens in Turkey

By Tech. Sgt. Ann Bennett
Air Force Print News

The world's seventh space camp opened recently in Izmir, Turkey.

Located in the Aegean Free Zone of Izmir, Space Camp Turkey is about a 15-minute drive from the Izmir Air Station and offers children a combination of space science education and entertainment.

"The space camp program helps further children's study of mathematics and sciences and teaches children two things," said Scott Carpenter, U.S. astronaut who flew the second American orbital flight in a Mercury capsule May 24, 1962. The first is "teamwork, and nothing can be done without teamwork. And more important, the space camp program teaches children about themselves."

Ismail Akbay, NASA's Apollo engineer, called this a dream come true for his homeland to have

the seventh space camp in Turkey.

The programs offered at Space Camp Turkey are a five-day Space Camp for ages 9-14, a two-day Outer Space Adventure on the weekend for ages 9-16, a Parent/Child program on weekends where a parent can accompany his child between the ages of 7-11, and three-hour Space Camp Action Tours during the school year for school trips. Next year, the camp will also offer a five day Space Academy for those ages 15-16.

"Hopefully, it teaches the kids that space is our destiny," Carpenter said. "Space is not just an adventure for the United States and Russia, space is an adventure for all mankind."

Space Camp Turkey, licensed with the U.S. Space Camp Foundation, is the only space camp in Turkey, the Middle East and southern Europe, and is currently open to only Turkish- and English speaking children. Besides Space Camp Turkey, there are three space camps in the United States (in Alabama, Florida and Califor-



Tech. Sgt. Ann Bennett

Turkish student Melih Pulak, 12, demonstrates the multi-axis trainer — which simulates what it's like to tumble in a spacecraft — during the opening ceremony of Space Camp Turkey June 12.

nia), and one each in Canada, Japan and Belgium.

Call (country code: 90) 232-252-3500 for more information about Space Camp Turkey or visit their Web site at <http://www.spacecamp-turkey.com>.



Photos by Airman 1st Class Latonia Brown

Finis flight

(Left) Col. Jon "JR" Richards, 355th Wing vice commander, taxis his A-10 back to 358th Fighter Squadron chocks under a water cannon salute by the Davis-Monthan Air Force Base fire department following his 'fini' (final) flight June 30. (Right) Richards receives his ceremonial hosing down from family, friends and co-workers. Richards departs D-M after 23 years of tactical flying, 13 of which were served in a variety of wing leadership positions at D-M. He is leaving to become the Air Force ROTC Professor of Aerospace Studies at Miami University in his home state of Ohio.



Advertising

By Lt. Col. (Dr.) Joe Shelton
355th Medical Operations Squadron
commander

Primary Care Optimization -- A better way to care for the Air Force family

Air Force medics carry a legacy of providing excellent care for all members of the extended Air Force family. Historically, this care focused on treating illness and injury whenever and wherever it occurred. The best symbol of this tradition was the military hospital that gave access to specialists who could treat illnesses and injuries with precise and potent results. In these hospital settings many members of the Air Force family received no care at all unless some unfortunate event occurred.

This focus missed many opportunities to prevent some diseases from developing in the first place. It also allowed some members to become dependent on a medic to "fix-me when I break." Furthermore, these medics were physicians and surgeons who cared for patients with very specific roles and in specialty treatment areas only. There remains a constant demand for this traditional medical care, but for some time now health experts have recognized the limitations of this historical model. A health system that does not comprehensively identify and address the risk factors for disease, injury and illness in large

groups of people will not be able to provide all the care those people need.

Within the past several years the Air Force Medical Service has been addressing this concern with a host of programs. Physicians, nurses, technicians and a host of others now work to implement a better model focusing on prevention and using data from specific populations of people to target health care services. These programs at Davis Monthan Air Force Base include the preventive health assessment, the health and wellness center, and the Medical Right Start Program for incoming members. Additionally, base leadership and health experts have joined together to integrate the prevention efforts for families at D-M.

As a continuation of these efforts, the Air Force Surgeon General, Lt. Gen. (Dr.) Paul Carlton, Jr., beginning in the spring, redirected the delivery of primary care services for Air Force communities. This initiative,

Primary Care Optimization, intends to create the best partnership of patients and medics and deliver high quality and high value health care for all of us.

The 355th Medical Group is implementing this plan, and I would like to share my excitement about this initiative and what it means for all of us.

First of all, there is a change in our definition of medic from our traditional view. Medics now include the physicians, surgeons, physician assistants, nurses, nurse practitioners, medical and health services technicians, administrators and others who join to deliver health care. Collectively, we prefer to be identified as "preventionists" who have expertise in a variety of areas.

Second, these medics are realigned into teams of four primary care managers (the physicians and physicians extenders), four nurses, eight medical technicians and four health service managers who share a responsibility to care for a group of 4,000 to

7,000 people. Pediatricians, internists and gynecologic nurse practitioners provide additional expertise to the teams. There are five such teams at D-M. These are the Aerospace Medicine, Copper, Blue, Silver 1 and Silver 2 teams.

Finally, each team has the ability to learn about their patients and implement what they learn to improve the care they provide. Many tools are available, such as the Health Evaluation and Assessment Report, a detailed medical record review, and the knowledge gained with each patient encounter. As the team understands the needs of the patients in their care, they can adjust the types of services and the teaching they provide. They can refer certain patients to health care integrators for specialized services. As time progresses, a trusting relationship can develop among medics and patients in the team. Patients will be able to count on regular care from this team, and each medic will attempt to meet the health needs at each visit in the most effective manner possible. The following is a fictional example to illustrate the process:

I am bothered by a host of concerns but finally seek an appointment because of my lower back pain.
Continued on Page 10

Welcome to Davis-Monthan

Col. Francis Hendricks, incoming 355th Support Group commander, arriving from Maxwell Air Force Base, Ala.

355th Wing Flying Goals

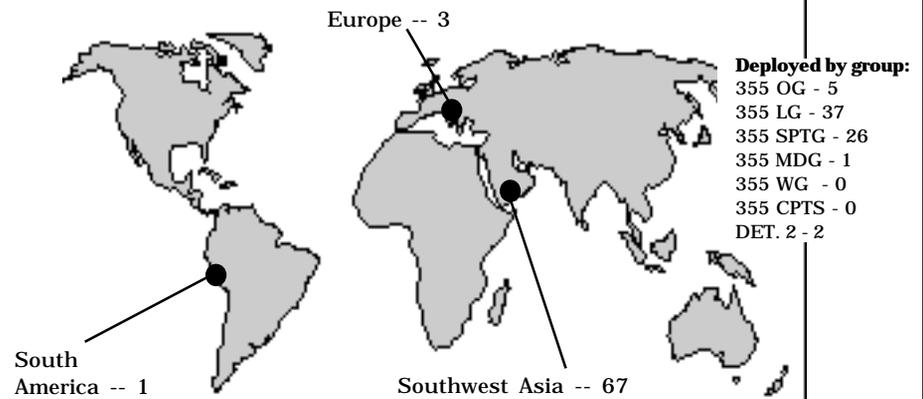


	Hours			Sorties		
	41st	42nd	43rd	354th	357th	358th
Goal	285	430	280	529	431	459
Flown	343	445	298	519	433	434
Delta	58	15	18	-10	2	-25
YTD	126	188	35	50	25	28

Current as of Thursday

Where are 355th Wing members serving?

This time last year, **627** members of the 355th Wing were deployed.



Deployed by group:
355 OG - 5
355 LG - 37
355 SPTG - 26
355 MDG - 1
355 WG - 0
355 CPTS - 0
DET. 2 - 2

Total: 71

Other locations -- 0
Current as of Wednesday

Source:
355th Mission Support Squadron
Personnel Readiness Unit



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(520) 228-3378 www.dm.af.mil

Better way

Continued from Page 9

My team gives me an appointment within seven calendar days of request with my PCM. The visit begins at the check-in desk with a medic who greets me with a smile and helps me complete any needed paperwork. I am pleased to see my medical record is available for my team to use. The next medic greets me and screens me privately for my history and takes whatever vital signs are needed. As I gain confidence that my team of medics will address my concerns appropriately, I start to share some of the other issues that effect my situation because I know that this medic knows me and is trustworthy. There are careful annotations made in my medical record that allow this information to be reviewed by my PCM before the next part of the visit. As my PCM discusses my history and performs an examination, I am given the courteous care that I need. The PCM considers the additional insights gained from the technicians and nurses about my situation. All the medics give appropriate teaching and instructions, any needed lab and x-ray studies are ordered, any needed medications are prescribed and appropriate referrals and follow-up arrangements are made. I consider carefully the team's comments about the effects of stress in my life and my need to exercise more. I leave with a warm feeling that my team cared for me.

Some time later I return for a follow-up visit, and a similar process takes place. This time the PCM spends only a few minutes with me, but I didn't really notice because several of the same medics from my last visit have been listening to me and addressing my concerns. I am given reading materials selected for me to review later, and I again leave the clinic with a satisfied feeling. As I drive to the HAWC to set-up a Microfit test and speak with an exercise physiologist, I am amazed that I no longer need the over-the-counter medications I had been taking for months. People care, life is good and despite the issues I face daily, I am going to move forward in a positive direction.

There are challenges to making this example a reality for each patient visit. One is communicating carefully the new roles of the medics and identifying and meeting the expectations of the patients. I invite you to meet your team of medics and allow them a chance to provide even better care for you and your family. Anticipate a dynamic response for your health care needs delivered by a motivated team of medics and guided by a PCM leader. Look for more interactions with technicians and nurses. As TRICARE Prime mandates certain standards for primary care services, Primary Care Optimization will deliver on that promise. Count on it. I do, and you can too.

Monsoon season brings hot topics

By Master Sgt. David Wilson
355th Security Forces Squadron

The monsoon season is a weather phenomenon, which usually starts in July and ends in August — it's early this year. Storms form over the mountains and bring heavy rains, high winds and powerful lightening to the desert valley. Those who have lived in the Tucson area for a while know monsoons bring dangerous situations. The three "hottest" topics affecting the installation are driving conditions, flooded ditches and ravines, and electrical wires.

Security forces recommends avoiding streets where the water appears deep or has reached the roadway curb.

Strong water currents, even with only inches of water, can sweep a car off the roadway. If your vehicle does not get swept off the roadway, the likelihood of stalling in the deep water is great, and the probability of assistance is reduced due to ongoing flooding and increased emergency responses. Additionally, in any flood situation, drivers become part of the problem because there is no place to reroute traffic. Please remember: if you can't see the curb, don't drive through the water.

America's Air Force - Global Vigilance, Reach, Power

By F. Whitten Peters
Secretary of the Air Force and
Gen. Michael Ryan
Air Force Chief of Staff

We recently released America's Air Force: Global Vigilance, Reach and Power, to update our vision for the 21st Century. It captures where we're going as a service and helps Air Force people plan for the diverse challenges we'll face in the 21st century.

This document builds upon and extends ideas in our previous visions and reflects organizational and conceptual improvements since the publication of our last vision. It also supports the principles laid out in the recently released Joint Vision 2020.

Airmen from across the Air Force contribute to our ability to deploy and sustain powerful aerospace capabilities wherever and whenever necessary. While there is much in the vision that is new, the foundation remains the same — our people and our values. The vision makes clear that we will continue to rely on our great Air Force people to be the engines of change and integration and progress. We'll rely on all our people — active duty, Guard, Reserve, and civilian — leveraging the strengths of the total force.

Severe run-off is also associated with large amounts of rain. Many children are injured or killed each year in the United States from accidents associated with storm water drainage. Security forces often receives phone calls from housing residents about children playing in flooded ditches and ravines around the installation. Children are drawn to running water and like to watch it, but the ground around these ditches becomes water saturated and can easily wash out from underneath the additional weight of the child. These dangerous areas remain flooded up to several hours after a thunderstorm and parents are encouraged to keep their children indoors until all water has subsided.

Finally, if you see electrical wires, large tree branches, or other dangerous items in the roadway, call security forces at 8-3200, or 8-5131 and do not attempt to remove them. Tree branches can fall on electrical wires and people attempting to remove the fallen branch without seeing the electrical line, may be electrocuted. The 355th Security Forces Squadron wishes everyone an enjoyable and event-free summer, and advises everyone to remain indoors during and immediately after a monsoon thunderstorm.

The document is short and concise. It does not talk about specific weapon systems or about the details of defense budgets. Instead, it represents our thinking about the aerospace domain and our role in it — how we'll exploit the full aerospace continuum to meet the nation's needs. The art of commanding aerospace power lies in integrating air, space and information systems to produce the exact effects the nation needs. We'll continue broadening Air Force leaders to capitalize on the range of potent capabilities aerospace power offers.

Global Vigilance, Reach and Power are the overarching aerospace capabilities described in our vision: vigilance to anticipate and deter threats, reach to curb crises and power to prevail in conflicts and win wars. We will realize the true potential of full-spectrum aerospace power by thinking of vigilance, reach and power not as separate and distinct, but as capabilities that, when fully integrated, add up to much more than the sum of their parts.

Realizing the potential of our vision will take the dedicated efforts and teamwork of all of you in the years to come. There'll be copies of the vision in the field soon. Meanwhile, you can find it on the web at www.af.mil/vision. We encourage you to read it, talk about it and understand it. It's your future, and it's brighter than ever.

Advertising

By Lt. Col. Mary Nigro
355th Medical Group

Treat high blood pressure or potentially risk 'wake up call'

O' dark thirty. The phone's ringing jars you out of sleep. Drat! A recall. No one said anything about a recall today. What's going on? Those jerks! Leave me alone!

You answer angrily, "Hello".

"Hello, son. It's Mom."

You're worried. Your mind races with dire possibilities. Who died? Accident? Break in? What? You try to calm yourself for her sake. "Mom, what's wrong?"

"It's your father." Endless pause. "He had a stroke." Her voice cracks as she fights back tears. "The doctors say he's stable for now, but he can't move his right side and he can't talk. I don't know what to do," she cries. "We've been together for 43 years!"

You're speechless. Dad, a stroke? No, can't be. Not Dad. He never needs a doctor. He's always been the picture of health. What happened? Why?

A frightening, heart-wrenching scenario, indeed. Unfortunately, one played out too often each day in the United States. Someone we love ignores his/her health until something catastrophic happens. Preventable heartbreak, "if only." If only he had had his blood pressure checked. If only the high blood pressure had been treated.

According to the National Institute of Neurological Disorders and Stroke, "of all the risk factors that contribute to stroke, the most powerful is hypertension, or high blood pressure. People with hypertension have a risk for stroke that is four to six times higher than the risk for those without hypertension. One-third of the adult U.S. population, about 50 million people (including 40 to 70 percent of those older than 65) have high blood pressure. Forty to 90 percent of stroke patients have high blood pressure before their stroke event."

Think you might be at risk? Want to know more?

The heart forcefully pumps blood into arteries sending oxygen-rich blood throughout the body with each heartbeat. A well-conditioned heart pumping into smooth, relaxed arteries easily generates enough pressure to provide this necessary circulation of blood. However, if for example, the arteries are narrowed by hardening, stress hormones or drugs, or if the heart isn't the trained athlete it should be, then it has to pump harder to keep vital blood flowing.

Blood pressure reflects these (and other) processes. A blood pressure reading has two parts. The top or higher number is the systolic pressure and is a measurement of the force the heart generates in the arteries with each heartbeat. The bottom or lower number is the diastolic pressure. This is the pressure in the arteries when the heart rests between heartbeats and the minimum pressure the heart has to overcome at the start of each heartbeat.

So, the lower the diastolic pressure, the less work the heart has to do; the lower the systolic pressure, the less work the heart is doing.

When is blood pressure too high?

The limits are different for children and adults (yes, children can have high blood pressure, too). Infant and children's values vary by gender and age. Your health care provider can advise you as to what's appropriate for your family.

For adults 18 years old and older, a systolic pressure lower than 120 and a diastolic pressure lower than 80 are optimal. Normal lies between 120 and 129 systolic and 80 and 84 diastolic. A range of 130 to



Airman 1st Class Latonia Brown

Health care officials emphasize the need to minimize risk factors for high blood pressure, as well as having your blood pressure checked regularly.

139 systolic and 85 to 89 diastolic is high normal. Systolic pressures higher than 139 or diastolic pressures higher than 89 are considered high blood pressure or hypertension.

If the systolic and diastolic pressures lie in different categories, the higher category applies. For example, if your systolic pressure is 129 (normal) and your diastolic pressure is 91 (high), then you have high blood pressure.

However, not just any blood pressure reading is used to make the diagnosis of high blood pressure.

Multiple readings taken on different days and perhaps different times of day are averaged - a trend of sustained blood pressure elevation must be documented to diagnosis hypertension.

Treatment and prevention

Certain factors are known to increase a person's risk for develop-

ing hypertension and worsen high blood pressure once it has developed.

Some risk factors are correctable; some are not. The later are age older than 60, gender (men and post-menopausal women), and family history of cardiovascular disease (e.g. angina, a heart attack or stroke) in women younger than 65 and men younger than 55.

The risk factors over which you have control are: obesity; a diet high in saturated fats, and/or salt (sodium) and low in magnesium, calcium and potassium; heavy alcohol use; a lack of physical activity; and tobacco use.

Understandably, dealing with these risk factors is typically the first line of treatment for high blood pressure. Drugs are used if the blood pressure is particularly high or if a trial of lifestyle changes is unsuccessful. Also, those with diabetes, congestive heart failure or kidney failure are treated more aggressively.

But, what about intervening before high blood pressure develops?

Prevention of high blood pressure is possible and offers several advantages. One benefit is avoiding the regimentation, cost, potential impact on your career and possible side-effects of antihypertensive medications. More importantly, however, is keeping yourself healthy.

"Even if adequately treated according to current standards, patients with hypertension may not lower their risk to that of persons with normal blood pressure," according to National Institutes of Health National Heart, Lung, and Blood Institute.

So, work on minimizing those risk factors now and for life.

Talk to your health care provider about hypertension prevention. Have your blood pressure checked. Wake up ... and avoid a devastating call.

Advertising

A-10 ammo loading assembly designer revisits D-M

Design saves crews countless loading hours

By Karen Halstead
Public affairs

Davis-Monthan Air Force Base maintains a list of firsts when it comes to A-10 history. The first production A-10A was delivered to D-M in October 1975.

D-M was also selected as the Air Force base to host the prototype testing and design for the A-10 ammunition loading assembly in 1976.

When you hear the T-34 engines of the A-10, you don't even need to look or run outside to see it. Its unique engine sound is enough to identify the aircraft.

Unless you work on the aircraft, you wouldn't even give a second thought about the equipment the loadmasters use to load ammunition into the "Warthog."

This aircraft is known for having the most powerful 30mm cannon available on a tactical warplane.

Although the A-10 has been in the Air Force inventory since the mid-1970s, it wasn't until Opera-



Photos by Staff Sgt. J. Elaine Phillinganes

tion Desert Storm in the early 1990s that the A-10 really proved its capability as an anti-tank aircraft.

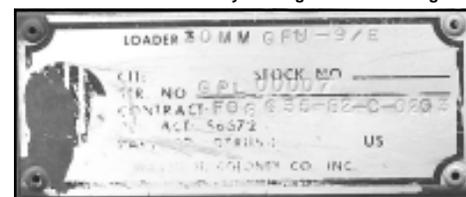
Before a more automated loading system was developed, loading the aircraft with ammunition was an awkward and cumbersome job, according to loadmasters who held that job in the early 1980s.

This is where Wayne Coloney joins Air Force aviation history. Over the years, his creations have saved the Air Force millions of dollars in man-hours.

Coloney returned to D-M June 28 along with his only grandson, Galen Minardi, to take a look at how his one of designs – the ammunition loading assembly — has been serving A-10 weapons loaders.

Little did our Air Force A-10 loaders know, but at the same time the A-10 was being designed, the Air Force also had other corporations working to design a loading system that

(above) Staff Sgt. Justin Fair shows Coloney and his grandson about the way technicians currently use the ammunition loading assembly. (right) A well-worn ALA ID tag shows the name of Coloney's former company at the bottom.



would make the loader's job much easier.

About the same time Northrop and Fairchild Corporations were competing against each other for the final bid on the aircraft we now know as the A-10, Coloney's corporation and Emerson Electric were competing to design the equipment that would be used to load the 30 mm rounds into the onboard GAU-8 cannon.

Coloney's business was located in Tallahassee, Fla. and the Air Force sent his prototype to D-M. For nine months between 1976 and 1977, Coloney and his wife lived in Tucson so he could be close to the project. In late 1977, prototypes from both Emerson and Coloney were taken to the Air Force Flight Test Center at Edwards Air Force Base, Calif., for a load-off competition.

Along with winning the load-off, Coloney won the contract and was given the go-ahead to produce 15 pre-production machines. These initial 15 units were put to work at Myrtle Beach Air Force Base, S.C.

According to Coloney, "blue suiters" who weren't as well trained on the equipment as the

loaders were who conducted the competition at Edwards, put his equipment to the test.

"We had to let loaders train on it so we could find our flaws and perfect the system," he said.

Seven iterations later, Coloney had a unit (known as the the GFU-7) loaders could easily operate and would function with few mechanical problems.

"I'm very excited to see this assembly in person," Minardi said of his grandfather's creation.

Over the years he heard a lot about the different machinery his grandfather designed and produced at the Wayne H. Coloney, Inc.

"I'm interested in engineering and glad to see the things he has created."

"There were 15 other companies working on designs for the A-10 ALA," Coloney said. "Of course I was overjoyed when the final outcome pointed to my little corporation. My company was the only one in the group that wasn't a Fortune 500 company. I only had about 60 employees."

Every invention experiences its growing pains and Coloney says his projects were no different.



Wayne Coloney and his grandson, Galen Minardi, get a close-up look as the ammunition load assembly processes dummy inert 30mm rounds.

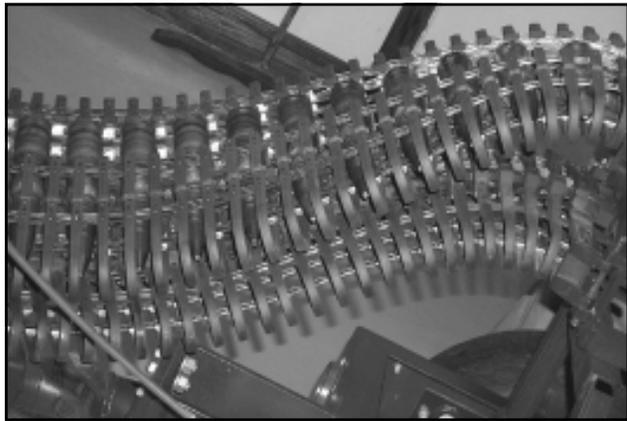
“One day a colleague had given me advice about the container system I was developing to accompany the loading system,” he said.

“That night I woke up realizing the flaking system that we had already designed wasn’t going to get the job done. So I went to my shop and began working with a piece of sheet aluminum and worked until I found a more practical method to deliver the ammunition from the container into the delivery-tube system.”

“The next day I threw out all the old work on the container system and decided to go with a much easier system,” Coloney said. “This system is still used today.”

Coloney credits his new container delivery system as the key element to the success of his complete ALA system.

“The system we had to load the A-10 before the ALA came on line was labor-intensive,” said Master Sgt. James Rivers, weapons superintendent for the 355th Operations Group. “I worked with the old table-loading system here



The upload and download ammunition chutes of the ammunition loading assembly.

at D-M. It could take us up to one- and a-half hours to load an A-10 using the old system.”

According to Rivers, today, at a maximum, it can take 30 minutes to load the A-10, one-third the time it took to load with the old system.

“I was here at D-M when the new equipment began arriving in 1983,” Rivers said. “At first I said ‘what is this – assembly required?’ But it came complete with an instruction manual to put it together.”

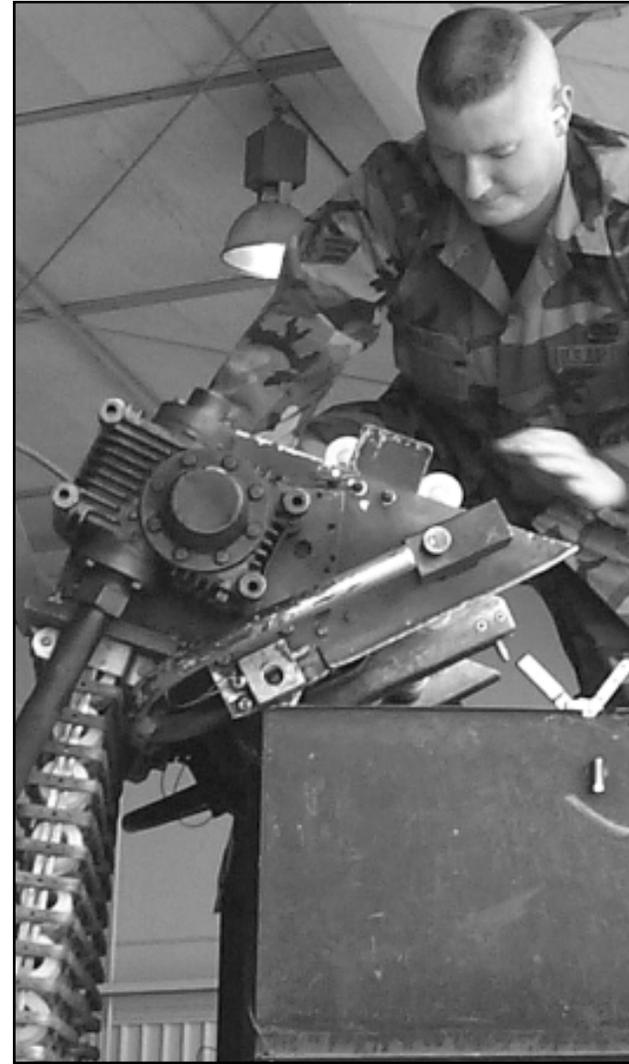
“Once we had it together and I saw the machine at work, I was impressed with what it could do and how much easier it made our job. Today, we couldn’t live without this piece of equipment.”

Obviously, the shorter loading time meant the plane would be turned around quicker and able to fly more missions. During the Gulf War, the Air Force deployed A-10s to fulfill the close air support mission.

The plane quickly proved its worth, not only as a daytime tank-killer, but also as a daytime Scud hunter. The A-10 flew 8,100 sorties and maintained a mission capable rate of 95.7 percent during the Gulf War.

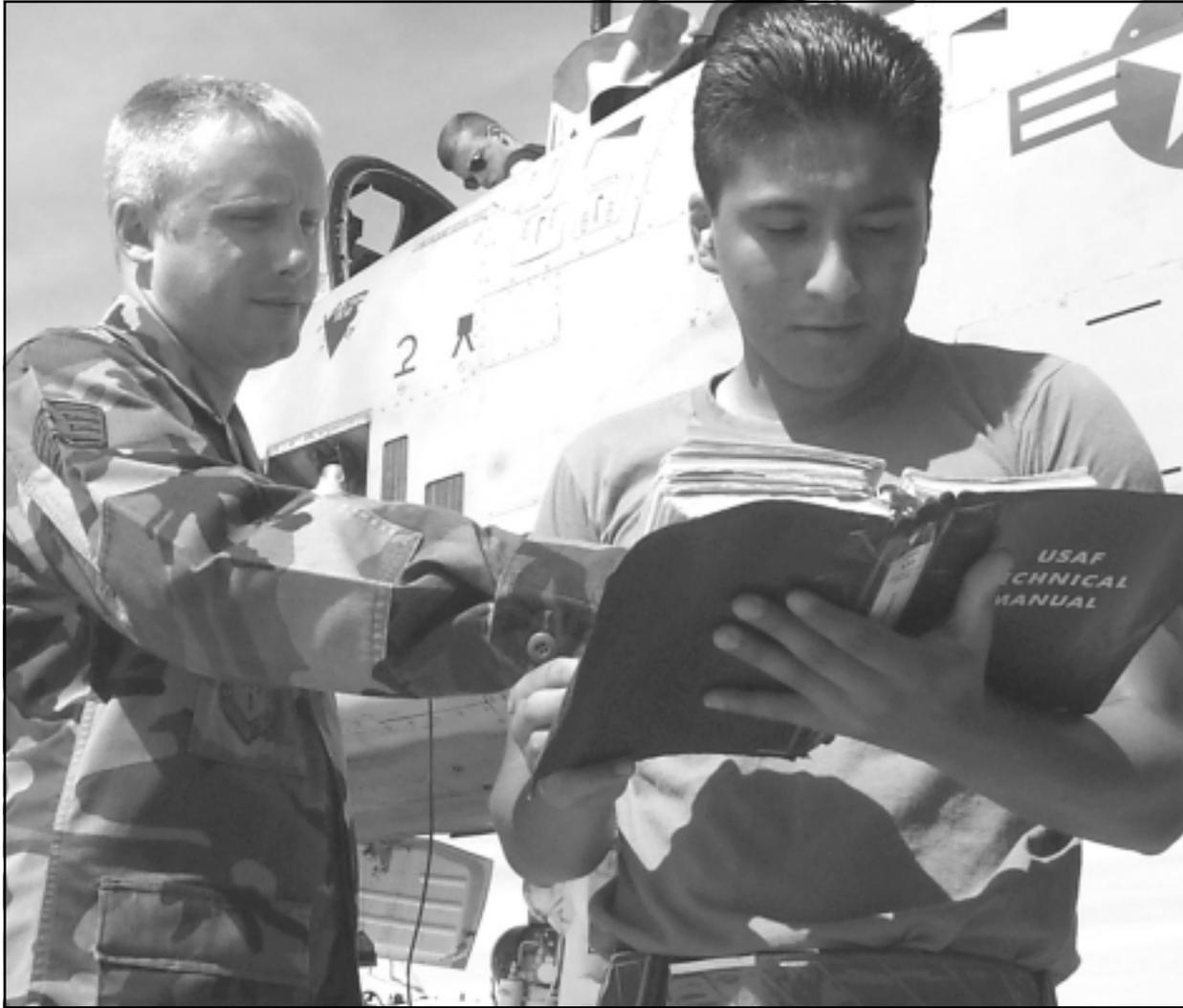
Coloney served in Europe during World War II as a sergeant Sherman tank commander. He was a member of the 714th Tank Battalion in the 12th Armored Division. His unit, under the lead of Army Gen. George Patton, spearheaded the Rhineland. Coloney honorably separated from the Army in 1946 with three battle (bronze) stars.

Coloney’s company also designed a bomb loading dolly and the fuel master fuel loading system for the military. He sold his company in 1985 and retired in 1990. Syntech Systems now manufactures his A-10 ALA design.



Senior Airman Brian Knight, 355th Operations Group Standardization Section, operates the ammunition loading assembly from his position. The upload and download requires a three-person team to complete the operation.

Advertising



Staff Sgt. J. Elaine Phillinganes

Staff Sgt. Glen Davis (left) reviews information on refueling in an A-10 checklist with Airman Erik Diaz. Diaz is currently one of the 362nd Training Squadron's students.

Sonoran

Spotlight



Name and rank: Staff Sgt. Glen Davis
Organization and duty title: 362nd Training Squadron - Operating Location G; Air Education and Training Command aircraft maintenance instructor

Main responsibilities: Instruct, evaluate, and certify technical training students in pipeline status, to become future A-10 maintenance crew chiefs

Best aspects of the job: Enabling the fighter squadrons to receive better-trained airmen to perform the Air Force mission

Hometown: South Roxana, Ill.

Years of service: 13

Why did you join the Air Force: I joined to travel the world and increase my educational opportunities while serving our country

Career goals: To excel at any position I am selected for after completion of my instructor tour

Hobbies, outside activities: Music, soccer and family life

Favorite musical group: Ozzy Osbourne

Favorite sports team: "Da Bears"

Someone who inspires you or that you admire and why: My dad; he always displayed tremendous work efforts, teaching me early on that hard work pays off

Dream vehicle: New Turbo Bug (Green)

Dream vacation: Australia, to explore the Outback with the Croc Hunter

Dream assignment: Any place with four seasons

Advertising

There are many different ways to weight train

Keys are proper diet, selection of weights, repetitions

(Editor's note: This is the first in a series of articles on bodybuilding and weight lifting. The series is designed to give the beginning, or average, weightlifter some insight on training and poundage selection to ensure maximum results without over-training. If you are happy with the results you are currently getting from your present routine, please continue training the way you are. The articles are being produced jointly by the 355th Wing Public Affairs Office and Bill Sibole, former Army weightlifter and bodybuilding champion. The primary reference is "Getting Stronger - Weight Training for Men and Women" by Bill Pearl and Gary Moran.)

There are so many different ways to train, and of course, not to train. You decide by your progress. Everyone's make up is different. Two people can train the same way and one may develop more than another. Many different factors are involved — diet, weight selection and repetitions done with weight.

Many people over train and are at 100-percent each workout with maximum weight.

"I see lots of guys and gals who do little or no warm up," said Bill Sibole, former Army weightlifter and bodybuilding champion. "Often

people start with too much weight and they can barely do eight to 12 reps."

Sibole suggests they try a set of light warm up -- three sets of eight reps with lighter weights.

Smart training will help people gain muscle. A good rule of thumb is that three reps of any set are for growth.

"I often see people training to do a full workout and they try a maximum weight (heavy single), miss terribly and wonder why," Sibole added. "They use all their energy in their workout. Instead, try a single-best attempt by warming up and doing one to two reps with each weight, and only try them once every three to four weeks."

The light, medium and heavy workout is the best method, Sibole said.

"It gives the body a chance to rest, and when the heavy day arises, you have the energy," he added.

Keep a log of the weight lifted and the amount of reps performed. This log will show if you went too heavy too fast, and you can find the better poundage to take in order to get all the reps in for the next workout. This gives you a way to adjust and see your progress.

"Don't be intimidated by what everyone else is doing in the gym," Sibole said. "Some of the people have been training for years. That doesn't mean they know it all or train properly. If you don't plan to enter competition, don't worry about a full extension or lock out."

Muscles are worked in two ways — coming

down and going up.

"If you want a legal lift, there are certain rules you must follow. One thing that really scares me is when people lift their head off the bench while benching or incline. Keep in mind when you alter your position to complete a lift using bad form, some people call it cheating. We all have done that. It takes away from the purity of the exercise."

Try to have a partner for safety. Three partners are better than two, as three gives you a rest. It is OK to catch your breath. You will feel stronger when you attempt your next set.

"Use steroids and you will never retain your real earned strength," Sibole added. "Don't worry if you don't become massive. Be happy to work for shape, as size will follow. A well-developed bicep can and will look as large as one which measures larger. Large muscles do not always mean great strength. Take a look at some of our smaller lifters in the gym who power lift. I realize lots of lifters feel progress is slow and it's true ... it does come slow. If you take your time, avoid working out heavy every time and using every body part to complete a lift, you'll see results. Use only the body parts intended for that lift and your chances to be successful and avoid injury are better. In addition, you're likely to be around for a long time with less chance for injury."

Sibole said he welcomes input from anyone interested in seeing weightlifters train better. Call him at 296-8044 for more information.

Sports Shorts

Softball tournament

The 12th annual "Weekend Bash" softball tournament has been scheduled for July 22 to 23 at Lincoln Park. It is open to all Department of Defense intramural softball teams. Prizes will be awarded to the top four teams. The entry fee is \$160, but players save 10 percent by entering and paying before Monday. Call Greg Manning at 8-4190 for more information.

Youth soccer sign ups

Boys and girls, ages 5-12, can sign up for soccer from 2-6 p.m. July 15 at the youth center. Registration is \$45. A birth certificate is needed to register. Soccer on base begins in September. Younger children play through December, while the older children play through March. Volunteer coaches, timekeepers and other officials are needed. Call youth sports director Kathy Sands at 8-8373 for more information.

Mustang 1 and 2 softball fields are closed until July 19 for reconditioning. Reconditioning includes renovations and improvements to infields and outfields. Six inches of sandy topsoil will be removed from the infield, and replaced by six inches of clay composite. After leveling the outfield, new sprinkler heads will be installed, and existing sprinkler heads will be recessed. The work is funded with money from the Air Combat Command Installation Excellence Award, won by the 355th Wing in November. Please stay clear of the construction area. Call 8-3714 for more information.

Golf/lunch special

Golfers buying lunch any weekend get a second meal (equal or less value) at no charge, just by showing their golf receipt. This two-for-one special is valid Saturdays and Sundays, at the Eagle's Nest Restaurant. Call the pro shop, 8-3734, or restaurant, 8-7066.

Bowling for Bucks has returned for another summer at the D-M Lanes. Win thousands of dollars in cash and prizes, including a \$500 D-M grand prize. The annual program is in three parts: Bowling for Bucks, Pinbusters and Bookbusters. Patrons of the major Bowling for Bucks promotion pay for 10 games and get two free; their punch cards are then eligible for monthly cash and prize drawings. All completed punch cards are automatically entered into the \$500 grand prize drawing. Pinbusters gives bowlers up to 18 years of age one free game for every three played. His or her punch card is entered into monthly cash and prize drawings, and becomes eligible to win \$100 in cash and prizes, in an end-of-program drawing. Bowling for Bucks and Pinbusters punch cards are at the D-M Lanes. League and special event games do not qualify.

Bookbusters, for grades 1 to 12, combines bowling with the Library Summer Reading Program. Students who read three books get a free game and a chance to win monthly prizes. Cards, issued and

validated by the D-M Library, are eligible for a final grand prize drawing of \$100 in cash and prizes. Bowling for Bucks continues through Aug. 31. End-of-program drawings are Sept. 8. Learn more about summer bowling at D-M Lanes, 8-3461, or the library, 8-4381.

Soccer players needed

Boys 11 and older interested in playing for the Fort Lowell Red Devils can call Ed LaFrance at 296-0241. The team currently plays in an 11 vs. 11 format and is coached by Sonja Lukso. The team is also assisted by a nationally licensed "D" coach and an Air Force Soccer Team goalkeeper.

Volleyball tryouts

All women interested in trying out for the D-M women's varsity volleyball team should call Airman 1st Class Chris Rodriguez at 8-4886 or 8-3224 or e-mail him at christopher.rodriguez@dm.af.mil. As soon as he gets a sufficient number of people interested he will hold tryouts. Also call Jay

Reconditioning fields

Bowling promotion



Chapel events

Protestant schedule

Today: Aim High Bible Study, 7 p.m., Chapel 1 annex. Call 889-1715 for more information.

Saturday: Couples' Bible Study, 7 p.m., call 749-5550 for more information.

Sunday: Contemporary Worship Service, 8:30 a.m., Chapel 1; Sunday School, 10 a.m., Chapels 1 and 2; Traditional Worship Service, 11:15 a.m., Chapel 2 annex; Inspirational Gospel Worship Service, 11:15 a.m., Chapel 1.

Tuesday: Singles' Bible Study, 7:30 p.m., Building 3220.

Wednesday: Midweek Bible Study, noon, Chapel 1; Prayer and Teaching Time, 7 p.m., Chapel 1; Youth Night, for middle and high school groups, Chapel 1, 7 p.m. Call 8-5411 for more information.

Catholic schedule

Saturday: Mass, 5 p.m., Chapel 1; Sacrament of Reconciliation at St. Joseph's Church, 4 to 5 p.m.

Sunday: Mass, 7:30 and 10 a.m., Chapel 1; Sacrament of Reconciliation, 9:15 to 9:45 a.m., Chapel 1; there will be no Confraternity of Christian Doctrine until September.

Monday through Friday: Rosary, 11:10 a.m., Chapel 2; Mass or communion service, 11:30 a.m., Chapel 2.

Wednesday: Rite for Christian Initiation 7 to 8:30 p.m., Chapel 1.

Islamic schedule

Today: Prayer service, noon to 2 p.m., Building 3220, third floor-west; educational classes, 6 to 8 p.m., Building 3220, third-floor west.

Visit the chapel's Web site at www.dm.af.mil/chapel for more information about chapel events.



Movie theater

Tonight: Gladiator, (R), 7 p.m.

Saturday: Gladiator, (R), 7 p.m.

Sunday: Road Trip, (R), 7 p.m.

July 14: Shanghai Noon, (PG-13), 7 p.m.

July 15: Shanghai Noon, (PG-13), 7 p.m.

Gladiator - Russell Crowe, Joaquin Phoenix. In AD 180, when a cruel new Emperor of Rome, Commodus, takes power, he strips the rank from Maximus, one of the favored generals of his predecessor and father, the great stoic philosopher king, Emperor Marcus Arrelus. Relegated to fighting in the gladiator arena, can this former leader of men survive long enough to seek vengeance on his enemy, the man who rules Rome?

Road Trip - Brekin Meyer, D.J. Qualls, Tom Greene. Four friends take off on a cross-country road trip to get to one boy's girlfriend before she receives a certain videotape mistakenly mailed to her.



On-base clubs

Officers Club

Today: Burger burn is 5 to 7 p.m.

Saturday: Prime rib for two, \$19.95.

Sunday: Mini-brunch is 10 a.m. to 1 p.m.

Monday: Club and barber close at 2 p.m.

Tuesday: Prime rib specials, 5:30 to 8 p.m.

Wednesday: Two-for-one steak night, 5:30 to 8 p.m.

Thursday: Mongolian barbecue, 5:30 to 8 p.m.

Desert Oasis Enlisted Club

Today: Prime rib for two, 5 to 8.

Saturday: Sports bar opens at 5 p.m.

Sunday: Cabana is open, 1 to 8 p.m.; call 747-3234.

Tuesday: Two-for-one steak night, 4:30 to 8 p.m.; bingo games at 6 p.m., buy cards at 5 p.m.

Scholarship applications

Nomination packages for the U.S. Air Force Services 4th Annual Club Scholarship are due July 14. Members of Air Force clubs and their immediate family who are currently enrolled, or who have been accepted to any accredited college or university are eligible. Scholarships are for part-time or full-time students.

Three cash scholarships totaling \$10,000 are available: first place \$5,000, second place \$3000 and third place \$2,000. Winners will be notified by Oct. 1.

Nomination packages are in three parts: applicant and sponsor information, a 500-word essay on a provided topic and a summary of the student's goals, awards and achievements. Scholarships are funded by First USA Bank (no federal endorsement intended). Pick up complete nomination-package instructions at the Officers Club or Desert Oasis Enlisted Club, or call the 355th Services Squadron marketing office at 8-5950.

Club membership transfer

Transferring membership affiliation from one club to another no longer requires resigning from the old club and joining the new one. Club members moving from one base to another keep their membership until they arrive at their new location. Then, when they provide their new club with a copy of their orders (within 30 days), they'll receive a \$25 club credit. To learn more about the simplified membership transfer, call the Officers Club at 748-0660, or the Desert Oasis Enlisted Club at 748-8666.



Community events

Today: Colorama is at 6 p.m., D-M Lanes; family cosmic bowl is at 9 p.m., D-M Lanes.

Saturday: Mustang 1 and 2 closed for renovation; outdoor recreation trip to Coronado Cave, call 8-3736.

Monday: Community center Marketplace,

6:30 to 8 p.m.

Thursday: Community center chair massage, call 8-3717.

Sunset ride

Ride off into the sunset July 22 with the outdoor recreation center. Horseback riders mount up at Fort Huachuca's stables at 6 p.m. for a guided two-hour trail ride through the scenic Huachuca Mountains. An outdoor barbecue cookout follows the ride. Transportation, ride and cookout are \$30 a person. Riders must be at least 7; those under 18 must be with an adult. More sunset trail rides are Aug. 19 and Sept. 23. Call 8-3736, or stop by Building 4430 to sign up.

Thrift shop closed

The thrift shop is closed for the summer. It will reopen Aug. 1 at 9a.m.



Youth programs

Today: Kids pay 50-cents to bowl (plus shoes) until 5 p.m.

Saturday: Teen midnight hoops at 10 p.m., call 8-8373.

Monday: Youth center photo class, call 8-8383; SMART Girls at youth center, 6 to 7:30 p.m.

Tuesday: Rocks and ropes for preteens/teens, call youth center, 8-8383.

Wednesday: Passport to Manhood starts at youth center, 6 to 7 p.m.

Thursday: Torch Club meets, youth center, 2 p.m.; youth craft classes at skills center, 1 to 3 p.m., call 8-4385.

Lock-in

Preteens are invited to D-M's first Air Combat Command Pre-teen Lock-in July 14 at the youth center. Pre-teens can party all night. There will be food, games, music and prizes, and phone lines will be open to other ACC bases for inter-base challenges. Everything starts at 9 p.m., and ends after breakfast, at 7 a.m. Sign up by July 11. Youth center members pay \$5; non-members pay \$7. Call the youth center at 8-8383.

'Lease' child care

At the child development center, unenrolled children can take the place of children who are temporarily absent. Parents whose youngsters are temporarily enrolled pay for care at the absent parent's rate; child care costs are based on total family income. Find out more from the CDC at 8-3336.

Photography class

A new youth center photography class, for age 7 and older, begins July 10. Sessions meet Mondays, 6 to 7 p.m., for four weeks. Novices and intermediate students learn how to take high-quality photographs with regular and digital cameras. Four weeks of instruction is \$15. Contact the youth center, 8-8383, for enrollment information.



Mayoral Support

Maj. Eric Schnaible

Col. Bobby Wilkes, 355th Wing commander, presents a T-shirt with the official A & A Days logo to Bob Walkup, the City of Tucson's mayor. A & A Days is the name of the Davis-Monthan AFB airshow Nov. 4 and 5 featuring the U.S. Thunderbirds and many others. See the Web site at www.dm.af.mil/aa for more information.

Wednesday: Sponsorship Workshop, 9 to 10 a.m., community center.

Thursday: Lieutenants Financial Brief, 9 to 11 a.m., family support center, Building 3210.

Volunteers needed

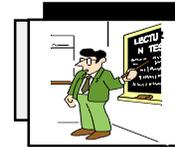
Southern Arizona Center Against Sexual Assault is looking for individuals interested in offering crisis intervention services to survivors of sexual assault. Learn new skills or enhance your personal/professional growth by attending SACASA's volunteer crisis intervention training program. Call SACASA for more information and to reserve a space in the next volunteer training at 327-1171 or contact the base volunteer resources coordinator, Clayton Moore, at 8-6042.

Job service

There is a veterans' representative available for employment assistance at the family support center. A variety of services are available through this office including computerized job searches via the Internet, local and national labor market information. The job service representative is normally available Monday, Wednesday, and Friday from 8 a.m. to 4:30 p.m. Call the FSC at 8-5690 for additional information.

Trip planner

The relocation assistance program at the family support center has Trip Planner software available to help military, DOD civilians, and their families, to better prepare for cross-country travel. This program can route a journey and produce a printout with specific directions of the fastest route, total miles, and cost to reach a destination. With that "big move" coming up and so many things to plan for, this is one chore that can be eased. To find out more or to make an appointment for this service, call the family support center relocation assistance program at 8-5690.



Education services

Commissioning briefing

The commissioning briefing is now conducted at 8 a.m. every second Wednesday of the month at the education office. If you are interested in applying for a commissioning program, it is important that you attend this briefing prior to scheduling an appointment with a counselor.

Handouts with information about the different programs are available in the education office and information can be obtained at www.foats.af.mil. Call the education office at 8-3813 or 8-4815 if you have questions or need further information.

Park University

Park University offers a Bachelor of Science degrees in Criminal Justice, Management, Social Psychology, Management/Accounting, Management/Human Resources and Management/Finance.

Contact the office with any questions. You can call Park University at 748-8266, fax us at 750-8675 or reach us via e-mail at parkcollege@theriver.com.

Troy State University

Troy State University offers three graduate programs: Master of Science in Management, Master of Science in Human Resource Management and an Executive Master of Business Administration.

It is possible to complete the MSM or the MSHRM in one year. All classes are held on weekends. Come by the office in Room 256 at 5260 East Granite St. to discuss program requirements and to register for classes, or call 748-2625 for more information.



Family support

Saturday: Give Parents a Break, 2 to 6 p.m., child development and youth centers.

Tuesday: Resume Workshop, 8 to 10 a.m., community center, Building 4201; Right Start Orientation, 8 to 11:30 a.m., community center; Time for Tots, 9:30 to 10:30 a.m. Chapel 1, Baby Basic, noon to 2 p.m., Community Center.

Advertising



Other agencies

Arms range danger zone

The small arms firing range, Building 165, is located at the far east end of Yuma Road on Davis-Monthan Air Force Base, 6.5 miles from the base proper. The borders of the range's impact area are marked with danger signs extending directly south and north of the range, all the way to Irvington Road.

This area is extremely dangerous due to the fact that live rounds of various types of ammunition are constantly being fired during the week and on weekends.

Trespassing into this area is not only dangerous, but also illegal. In case of emergency or if entry into this area is required, please call 8-8377 or 8-8453. After duty hours, call the security forces law enforcement desk at 8-3200, 8-3517 or 8-2300.

MEO Web site

The 355th Wing Military Equal Opportunity Office now has a Web page designed to provide our customers with up-to-date information on what's going on in the Equal Opportunity world.

Human relations services we provide here at Davis-Monthan Air Force Base, equal opportunity policy letters, links to Air Force Instructions, and other sites relating to both military and civilian equal opportunity are provided at

the Web site.

Access the site at www.dm.af.mil/355wgmeo.

354th FS change of command

The 354th Fighter Squadron will hold its change of command ceremony Monday at 9 a.m. in Building 4809, Hangar Bay 4. For information, call 8-4268. Lt. Col. John Carter, 355th Wing Safety, assumes command from Lt. Col. Craig Schlattman.

New finance CC and closure

The 355th Comptroller Squadron will be closed today from 8:30 to 11 a.m. for their change of command ceremony. Maj. Andy Coggins will assume command from Lt. Col. Debra Plank at the Officer's Club at 9 a.m. Base members are invited to attend. For emergency pay services contact the base command post at 8-7400.

Policy change - selling leave

Reenlisting airmen who want to sell back accrued leave no longer need to be within 90 days of their date of separation. This policy is retroactive to Oct. 5, 1999. Members are still prohibited from selling back more than 60 days of accrued leave. For more information, call Airman Rhoda Howard or Airman 1st Class Krissy Conover at 8-4898 or 8-1066 or stop by Building 3200, Room 5.

Munitions storage area

The munitions storage area will only be able to provide limited support due to a 100 percent

semi-annual inventory from Monday to July 21. All munitions transactions for custody accounts must be completed prior to Monday. Any requirements after this date will require an emergency issue letter. Call 8-8911 for more information.

Antiterrorism briefing

The Air Force Office of Special Investigation Level 1 Antiterrorist Awareness Training for members and their families going on a permanent change of station move or a temporary duty assignment to an overseas location is held Tuesday and Thursday at 8:30 a.m. in Building 3503, third floor. Call 8-5168 for information.

MPF Web site

Check out all the helpful information regarding outbound assignments, retirements, separations, retraining, manning control and base training from the new military personnel flight Web page, <http://www.dm.af.mil/355mss>.

Call Senior Master Sgt. Mark Van Huss at 8-3414, for questions.

Refuse and recycling collection

Refuse collection for family housing and mobile home parks is on Tuesday. If a holiday falls on a Monday or Tuesday the pickup will be Wednesday. Your refuse container must be on your side of the street before 6 a.m. with the handle facing your house. Vehicles must be parked 15 feet from container for operation of refuse trucks. Do not dispose of items such as rocks, dirt, tree trunks, motor oils, gas or chemical products in your refuse container.

Advertising